



Air Fryer

Cooking Cheat Sheet

by Daily Yum (DailyYum.com)

Vegetables

	Temp F / C	Time(min)
Asparagus	400°F/200°C	7
Beet Chips	400°F/200°C	7
Broccoli (Florets)	400°F/200°C	10
Brussels Sprouts (1/2)	380°F/190°C	10
Corn on cob	380°F/190°C	10
Cabbage, Steaks	380°F/190°C	10-12
Carrots, Sliced	400°F/200°C	12
Cauliflower (Florets)	400°F/200°C	10-12
Eggplant, Chunks	400°F/200°C	12-15
Green Beans	400°F/200°C	7-10
Mushrooms	400°F/200°C	8-10
Onions, Chopped	400°F/200°C	10-15
Peppers, Chunks	400°F/200°C	12
Potato, Baby	400°F/200°C	15
Potato, Wedges	400°F/200°C	15
Potato Chips	400°F/200°C	8
Potato, Wedges	400°F/200°C	10
Pumpkin, Chunks	400°F/200°C	12-15
Radish Chips	380°F/190°C	8
Squash	400°F/200°C	12
Squash, Breaded	350°F/170°C	10
Sweet Potato, Fries	400°F/200°C	10
Tomato, Sliced	400°F/200°C	10
Zucchini, Sliced	400°F/200°C	10

Fish and Seafood

	Temp F / C	Time(min)
Calamari	400°F/200°C	5
Fish Fillet, 1 inch	400°F/200°C	10-12
Salmon Fillet	400°F/200°C	10-12
Scallops	380°F/190°C	5-7
Shrimp	380°F/190°C	6-8
Shrimp, Breaded	380°F/190°C	8

Meats

	Temp F / C	Time(min)
Bacon	380°F/190°C	10
Burgers	380°F/190°C	10
Chicken Whole	350°F/170°C	50-65
Chicken Breast	400°F/200°C	12
Chicken Drumsticks	400°F/200°C	20-25
Chicken Wings	400°F/200°C	20-25
Chicken Tenders	400°F/200°C	8
Chicken Thighs	400°F/200°C	20
Filet Mignon	400°F/200°C	8-14
Lamb Chops	400°F/200°C	8-12
Meatballs	400°F/200°C	6-8
Pork Chops	400°F/200°C	12-15
Pork Loin	380°F/190°C	12-18
Ribeye	400°F/200°C	8-12
Ribs	400°F/200°C	10-15
Sausages	400°F/200°C	12-15
Sirloin Steak	400°F/200°C	8-12

Snack/Dessert

	Temp F / C	Time(min)
Avocado Fries	380°F/190°C	8
Pineapple, Sliced	350°F/175°C	10-15
Mini Cheesecakes	350°F/175°C	10
Fried Oreos	380°F/190°C	6-8
Fried Pickles	380°F/190°C	8
Jalapenos, Stuffed	380°F/190°C	8-10
Chickpeas	350°F/175°C	15
Blooming Onion	380°F/190°C	10
Pizza	380°F/190°C	8-10
Toast	400°F/200°C	4
Hard Boiled Eggs	350°F/175°C	10-12
Soft Boiled Eggs	350°F/175°C	8-10

Frozen Foods

	Temp F / C	Time(min)
Chicken Nuggets	400°F/200°C	8-10
Cheese Sticks	400°F/200°C	7-10
Fish Filets	400°F/200°C	7-10
Frozen Fries	400°F/200°C	14-20
Pot Stickers	400°F/200°C	8-10